

LAW OFFICES OF ADAM H. JACOBS

PATENT ATTORNEY

PHONE - (402) 345-9035

1904 FARNAM STREET, SUITE 726

FAX - (402) 341-5344

OMAHA, NEBRASKA 68102

April 16, 2004

Mail Stop Patent Application  
Commissioner for Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450

Dear Sir:

Transmitted herewith for filing is the patent application of:

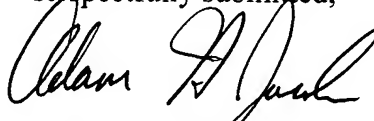
Inventor(s): Douglas H. Anders and Ronald D. Walton  
For: FREE WEIGHT ASSISTANCE AND TRAINING DEVICE

Enclosed are:  
Specification;  
Declaration;  
Five (5) Sheets of Drawings;  
Certificate of Mailing by Express Mail; and  
The filing fee has been calculated as shown below:

<u>FOR:</u>	<u>N° FILED</u>	<u>N° EXTRA</u>	<u>RATE</u>	<u>FEE</u>	<u>Basic Fee - \$385.00</u>
Total Claims 17	-20	0	x 9	0	
Indep. Claims 3	-3	0	x 42	0	
TOTAL:					<b>\$385.00</b>

A check in the amount of three hundred eighty-five dollars (\$385.00) to cover the filing fee is enclosed. The inventors are individuals and thus qualify for the reduced filing fees for a small entity.

Respectfully submitted,



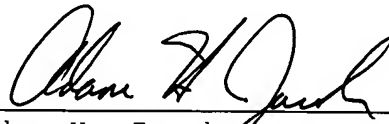
Adam H. Jacobs  
For the Firm

AHJ  
Enclosures

**CERTIFICATE OF MAILING BY EXPRESS MAIL**

Express Mail mailing label N° **EU509247053US**

I hereby certify that the original of this utility patent application of Douglas H. Anders and Ronald D. Walton, entitled: FREE WEIGHT ASSISTANCE AND TRAINING DEVICE, including the written specification, five (5) sheets of drawings and a check in the amount of three hundred eighty-five dollars (\$385.00) for the filing fee thereof was mailed by Express Mail, postage prepaid, to Mail Stop Patent Application, Commissioner for Patents, P.O. Box 1450, Alexandria, VA 22313-1450, on this 16th day of April, 2004.



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Adam H. Jacobs  
Registration N° 37,852  
Law Offices of Adam H. Jacobs  
1904 Farnam Street, Suite 726  
Omaha, Nebraska 68102